Ch 13/22 Unit 7 Positioning, Lifting, Moving Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Due Date Assignment

\_\_\_\_\_\_ Define Key terms; Read pages 240-257. Questions 1 – 27.

\_\_\_\_\_\_ Define \*key terms: Read pages 258-278. Questions 28 – 52.

\_\_\_\_\_\_ Test

**Define key terms using two column notes.**

|  |  |
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| \*Supine position |  |
| \*Dorsal recumbent position |  |
| \*Fowler’s position |  |
| \*Prone position |  |
| \*Lateral position |  |
| \*Side-lying position |  |
| \*Sim’s position |  |
| Dangling |  |
| Logrolling |  |
| Transferring |  |
| Transfer belt |  |
| Gait belt |  |
| Lift sheet |  |
| Friction |  |
| Shearing |  |

1. What is the difference between friction and shearing?
2. What can you do to prevent friction or shearing?
3. Fill in the blanks regarding information you need from the nurse or care plan before lifting & moving persons in bed.
4. Position \_\_\_\_\_\_ & restrictions.
5. How far you can \_\_\_\_\_ the HOB.
6. Limits on the person’s \_\_\_\_\_\_ to move or be repositioned.
7. How many \_\_\_\_\_\_\_ are needed to safely lift or move the person.
8. What \_\_\_\_\_\_\_ is needed (trapeze, lift sheet, mechanical lift).
9. How to \_\_\_\_\_\_\_\_ the person.
10. According to the safety alert, list 3 steps you should take before moving a person.

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1. Why do people slide down in hospital beds?
2. How many CNA’s are usually required to move a person up in bed?
3. To use a bed trapeze the resident must have what type of strength?

1. How is a flat sheet adjusted so it can be used as a lift sheet?
2. A lift sheet extends from the person’s head to above the \_\_\_\_\_.
3. Why is a person moved to the side of the bed before turning?
4. Identify the segments in the order they are to be moved when a person is moved to the side of the bed in segments,

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| --- | --- | --- |
| 1st | 2nd | 3rd |

1. When moving someone in segments how many people are required to assist in the move?
2. Ms. Fleming has had a spinal fusion and needs to be turned on her L side. What is the best method to move her to the side of the bed prior to turning her?

Why is this the preferred method of moving Ms. Fleming?

To position her in LLR position, which side of the bed should she be moved toward before turning her?

1. Why are patients sometimes turned on their side?
2. Describe logrolling and its advantages.
3. Who should be logrolled?
4. How many staff members are required to logroll someone?
5. What is another name for sitting on the side of the bed?
6. What else does a patient do while dangling?
7. Why is activity sometimes increased in stages?
8. How long should a person be left alone while dangling?
9. Jacelyn is dangling Mrs. Herrera. As Mrs. Herrera is sitting up Mrs. Herrera states that she feels dizzy & nauseous. (like she is going to vomit) What should Jacelyn do?
10. How should a CNA determine whether a person should be transferred with a gait belt or mechanical lift?
11. What is the purpose of a transfer belt? (gait belt)
12. Describe how a gait belt is put on a person:
    1. How is it positioned in relation to clothing?
    2. How snug should it be?
    3. What additional comfort measures should be considered?
13. Why will we be using gait belts during clinical?
14. When transferring a person what should the person have on their feet?
15. See page 166 to review parts of a wheelchair. Where are the front riggings located?
16. Why are riggings removed prior to transfer to or from a wheelchair?
17. How are the footplates positioned while the person is sitting in a wheelchair?
18. What other things should you think about before transferring someone?
19. Mr. Ruiz has R hemiplegia. Bill is assigned to transfer him from bed to wheelchair. Which side of the bed should Bill put the wheelchair on?
20. Once Mr. Ruiz stands, Which side moves toward the wheelchair?
21. What should you do before transferring someone to a vinyl “plastic” chair? Why?
22. If a resident cannot assist with a transfer what is used to move them?
23. List 4 things you should do before using a mechanical lift.

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1. What is the minimum number of staff members necessary to use a mechanical lift?
2. When would someone be transferred by stretcher?
3. When can a person on a stretcher be left unattended?
4. Describe briefly how to transport someone by stretcher.
5. How many staff members are needed to transfer someone from a bed to a cart?
6. What are the benefits of proper positioning?
7. From the Guidelines for Positioning (p. 272), match each guideline c an example of it.

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| 1. \_\_\_Positioning limits | 1. T, C, & DB q 2h. |
| 1. \_\_\_How often to turn and reposition the person. | 1. Active ROM exercises to L arm (3-5 times) TID |
| 1. \_\_\_ Where to place pillows. | 1. R hand on pillow |
| 1. \_\_\_ Which range-of-motion exercises to perform. | 1. Notify nurse if r hand appears cold or pale, or if resident c/o numbness or tingling in fingers of r hand |
| 1. \_\_\_What positioning devices are needed & how to use them. | 1. May position supine or in LLR, avoid RLR position. |
| 1. \_\_\_What observations to report & record | 1. Trochanter roll to prevent external rotation of R hip. |

1. How much is the HOB raised in Fowlers’s position?
2. Why do people who are short of breath prefer Fowler’s position?
3. Describe prone position.
4. Where are pillows placed if a person is in prone position.
5. Explain why most older people cannot tolerate prone position.
6. What is another name for supine position?
7. What is another name for side lying position?
8. Where are pillows positioned in lateral position?
9. What must be done before positioning an older person in Sims’ position?
10. Describe proper positioning in a chair:
11. When should a pillow **not** be used behind the back of a person positioned in a chair?
12. How are arms and wrists supported if the person is paralyzed?
13. If a single CNA is assisting a resident to move up in a wheelchair, what should the resident do with his/her arms?
14. How do 2 CNAs position themselves to move a resident up in a wheelchair?